



Packing List & Personal Items

Residents are encouraged to bring most of their own clothing and toiletries within the following guidelines. Please do not pack additional items outside this list unless previously discussed with the admissions team.

Clothing:

We are committed to creating a safe and welcoming environment for all of our residents. For this reason, we ask that all clothing be solid colors (no patterns, branding/images/slogans/text etc) and are not designer or luxury brands.

- 7 pairs of underwear—solid colors only, no thongs, lace, pockets etc
- 7 pairs of socks—solid colors only please
- 7 sports bras (if applicable)—solid colors, no lace, no underwire
- 7 crew neck T-shirts
- 2 pairs of sweatpants—no leggings or yoga pants.
- 2 sweatshirts—no hoodies
- 2 lightweight long sleeve shirts
- 2 sets of pajamas—we ask that all residents wear both top and bottom Pjs. (Shorts are okay)
- 2 pair light weight pants ([Example](#))
- 3 pair of board shorts—minimum 6" inseam ([Example](#))
- Baseball/trucker Hat
- Sun Hat—full brim (optional)
- 2 pairs of athletic/trail running shoes.

Here are some examples: Womens([1](#), [2](#), [3](#)) Mens ([1](#), [2](#), [3](#))

Because we won't be carrying a heavy backpack, hiking boots are not really the best option.

- 1 pair of flip flops (optional)
- 1 pair of crocs or slides (optional)
- 1 pair of Keens or similar closed toed sandal

Personal Items:

- Personal ID
State Issued ID, Driver License, School ID, Passport, Etc
- Photos of friends/family/pets/loved ones—please no frames.
- Stuffed Animal or Blanket— just one of each please and nothing too huge please

*Please note, any valuable personal items will
be sent home for safe keeping*

Prescriptions (if applicable):

- 14-30 day supply of prescription medications/supplements
- 2 Epi-Pens
- Prescription glasses/contacts/retainer



Toiletries:

- | | |
|---|---|
| <input type="checkbox"/> Toothbrush—please no electric toothbrushes unless prescribed by your dentist | <input type="checkbox"/> Floss |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Face Wash |
| <input type="checkbox"/> Hair Brush/Comb | <input type="checkbox"/> Rechargeable Foil Razor—optional |
| <input type="checkbox"/> Shampoo & Conditioner | <input type="checkbox"/> Lotion |
| | <input type="checkbox"/> Chapstick |

Here are some guidelines regarding toiletries:

- | | |
|--|--|
| <ul style="list-style-type: none">• No make-up or products with tone• No perfume• Nothing in breakable containers such as glass or ceramic• Nothing in an aerosol container• No products above \$100 | <ul style="list-style-type: none">• No products containing tree nuts in their ingredients.• No hair styling products• No products which contain over 50% alcohol content |
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Here are some important considerations:

- All items will be inspected and approved/or withheld at the discretion of the program and wellness team
- PQ cannot resupply toiletries products locally. Please arrive with enough for an entire stay (90 days) or arrange to send a resupply at the appropriate time.
- PQ does not keep an inventory of personal items or notify families in the event hygiene products are running low. If these supplies run out before being resupplied, we'll use the products we have available.

What we supply:

- Rain Jacket
- Trucker Hat
- Rash Guard
- Backpack
- Journal & Art Supplies
- Sunscreen, Bug spray, Chapstick
- Various other necessities like Q-tips bandaids, OTC medications, etc

Forget something? Can't get it in time?

No Problem! You can always ship it directly to our program at the following address:

Student's Full Name
Pacific Quest – Adolescent or Young Adult Program
301 Kalaniana'ole Ave.
Hilo, HI 96720